NEW INTERNATIONAL KARATE
ASHIHARA KAIKAN

新國際空手道連盟
芦原會館

SYLLABUS

NEW INTERNATIONAL KARATE

ASHIHARA KARATE

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Dear all Ashihara Members,

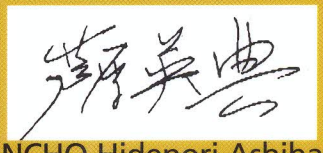
How is your training? Well I hope.

Ashihara Karate always aims not to be the karate style, which only a few chosen people can do, but to be the style which everybody can do.
That is the theme of our Ashihara Karate.

It will never matter, whether you are tall or short, young or of age, male or female.
Completing each step at your own level will guide you to the true Sabaki.

Learn, practice and challenge your spirit more in the daily training, and you shall see yourself really successful.

OSU!



KANCHO Hidenori Ashihara

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Karate.

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enori Ashihara

Ashihara Karate

GRADING SYLLABUS

New International Karate Organization

- 10th Kyu, White Belt With One Blue Stripe
- 9th Kyu, White Belt With Two Blue Stripes
- 8th Kyu, Blue Belt
- 7th Kyu, Blue Belt With One Yellow Stripe
- 6th Kyu, Yellow Belt
- 5th Kyu, Yellow Belt With One Green Stripe
- 4th Kyu, Green Belt
- 3rd Kyu, Green Belt With One Brown Stripe
- 2nd Kyu, Brown Belt
- 1st Kyu, Brown Belt With One Black Stripe
- 1st Dan, Black Belt With One Gold Stripe
- 2nd Dan, Black Belt With Two Gold Stripes
- 3rd Dan, Black Belt With Three Gold Stripes
- 4th Dan, Black Belt With Four Gold Stripes

1999

Ashihara Karate

G R A D I N G S Y L L A B U S

New International Karate Organization

This syllabus forms the basic requirements for each grade. Individual Branch Chiefs may add any techniques or requirements they feel are necessary to improve the standards of their students to this syllabus.

Some techniques may be added to the training at an earlier level, than of the required level.

The students must be prepared to be tested in techniques and katas from all previous grades.

The progression of learning is as follows:

Position -	stance
Balance -	control of position
Coordination -	control of balance and position in technique
Form -	performing the above mentioned correctly
Speed -	increase the speed of performance without loss of form
Power -	strenghten the technique
Reflex -	the technique becomes a natural movement

It is essential that the progression is not rushed, but evolved through each stage.

The sabaki combinations for each grade above 8th kyu must be
performed using the four positions.

This grading syllabus is based on the techniques described in the book: "More Fighting Karate" by Hideyuki Ashihara and is in force from 1999.

10th Kyu

Stances:
Fudo dachi
Sanchin dachi
Heiko dachi
Yoi dachi
Kumite no kamae
Zenkutsu dachi

Punches and strikes:
Seiken jodan tsuki
Seiken chudan tsuki
Seiken ago uchi
Uraken shomen uchi

Blocks:
Jodan uke
Soto uke
Uchi uke
Gedan barai
Keri no kamae

Kicks:
Hiza ganmen geri
Mae geri
Mae keage geri
Kinteki geri
Mawashi hiza geri

Throws:
Ura nage

Power test: Various techniques on pads.

Sabaki: Blocking attacks with gedan barai and soto uke

Knowing the 'Training hall oath'

9th Kyu

Stances: Heisoku dachi
Kiba dachi

Punches and strikes: Uraken sayu uchi
Uraken hizo uchi
Uraken mawashi uchi
Shita tsuki
Hiji uchi

Blocks: Mawashi uke
Soto sune uke
Uchi sune uke
Hiji/hiza double block
Shuto uke

Kicks: Yoko keage geri
Yoko geri
Kanzetsu geri
Mawashi geri

Throws: Maki komi nage

Kata: Shoshinsha no kata sono ichi
Nage no kata sono ichi

Power test: Various techniques on pads

Sabaki: Controlling the opponent with mawashi uke, ura nage and maki komi nage

8th Kyu

Basics: The basic Ashihara training programme

Punches and strikes: Jodan mawashi uchi
Chudan mawashi uchi

Kicks: Jikuashi geri
Uchi momo geri
Sankaku geri

Kata: Shoshinsha no kata sono ni

Power test: Various techniques on pads

Sabaki: The 4 basic positions
Control opponent after soto uke and gedan barai
Control opponent after sune uke

7th Kyu

Blocks: Jodan oshiage uke

Kicks: Kakato geri
Ushiro geri

Kata: Kumite no kata sono ichi

Power test: Various techniques on pads

Sabaki: Control opponent after oshiage uke
Control opponent after jodan shuto uke

6th Kyu

Kicks: Kake geri

Blocks: Hikake

Kata: Nage no kata sono ni
Kihon no kata sono ichi

Power test: Various techniques on pads

Sabaki: Control opponent after hikake

5th Kyu

Kicks: Ushiro mawashi geri

Kata: Kumite no kata sono ni

Power test: Various techniques on pads

Sabaki: Partner-control using various punch combinations

4th Kyu

Kicks: Yoko stopping kick

Kata: Shoshinsha no kata sono san
Kihon no kata sono ni

Power test: Various techniques on pads

Sabaki: Irimi
Judgement of distance and timing
Combine techniques from different ranges
(short, middle, long)

3rd Kyu

Blocks: A working knowledge of stopping techniques

Kicks: Tobi hiza geri
Tobi mae geri

Kata: Kumite no kata sono san

Power test: Various techniques on pads

Sabaki: Control opponent after stopping techniques

Fighting: 5 men kumite of 1 minute each

2nd Kyu

Ashi barai: A working knowledge of the different variations of ashi barai

Kata: Kihon no kata sono san

Sabaki: 1 minute continuous attack

Fighting: 10 men kumite of 1 minute each

1st Kyu

Takedowns: A working knowledge of takedowns

Kicks: Tobi mawashi geri
Tobi ushiro geri
Tobi ushiro mawashi geri
Tobi yoko geri

Kata: Nage no kata sono san
Kumite no kata sono yon

Sabaki: 2 minutes continuous attack

Fighting: 15 men kumite of 1 minute each

1st Dan

Self-defence: A working knowledge of self-defence

Kata: Kumite no kata sono go

Tameshiwari: Tameshiwari with seiken, shuto and hiji
Men 2 boards with each technique
Women 1 board with each technique

Sabaki: 3 minutes continuous attack

Fighting: 20 men kumite of 1 minute each

2nd Dan

Kata: Jissen kata sono ichi

Sabaki: 4 minutes continuous attack

Fighting: 25 men kumite of 1 minute each

3rd Dan

All Grades above nidan will be tested or confirmed by honbu in Japan.

Kata: Jissen kata sono ni

Sabaki: 5 minutes continuous attack

Fighting: 30 men kumite of 1 minute each

4th Dan

Grading for yondan and above is based on what the candidate has done to improve and develop karate. It is an honouree grade exclusively issued by Kancho.

Ashihara Karate

KODOMO SYLLABUS

(Children)

New International
Karate Organization

- 10th Kyu (B), White belt with one red stripe
- 10th Kyu (A), Red belt
- 9th Kyu (B), Red belt with one blue stripe
- 9th Kyu (A), Red belt with two blue stripes
- 8th Kyu, Blue belt
- 7th Kyu (B), Blue belt with one yellow stripe
- 7th Kyu (A), Blue belt with two yellow stripes
- 6th Kyu, Yellow belt
- 5th Kyu (B), Yellow belt with one green stripe
- 5th Kyu (A), Yellow belt with two green stripes
- 4th Kyu, Green belt

1999

KODOMO SYLLABUS
(Children)

10th Kyu (B), White Belt With One Red Stripe

Stances: Fudo dachi
Yoi dachi
Kumite no kamae
Heiko dachi
Sanchin dachi

Blocks: Jodan uke
Gedan barai

Punches and strikes: Jodan tsuki
Chudan tsuki
Ago uchi

Kicks: Hiza ganmen geri
Mae geri
Mae hiza geri

Power test: Various techniques on pads and air shields

Sabaki: Blocking of attacks with jodan uke and gedan barai

10th Kyu (A), Red Belt

Stances: Zenkutsu dachi

Blocks: Uchi uke
Soto uke
Keri no kamae

Throws: Ura nage

Punches and strikes: Uraken shomen uchi
Uraken hizo uchi
Uraken sayo uchi
Uraken mawashi uchi

Kicks: Kinteki geri
Mae keage geri
Mawashi hiza geri

Power test:

Kata: Knowledge of Shoshinsha no kata sono ichi

Sabaki: Blocking of attacks with soto uke

KODOMO SYLLABUS
(Children)

9th Kyu (B), Red Belt With One Blue Stripe

Stances: Kiba dachi

Blocks: Sune uke
Hiji-hiza double block
Mawashi uke

Throws: Maki komi nage

Punches and strikes: Shita tsuki
Hiji uchi

Kicks: Mawashi geri
Uchi momo geri

Power test:

Kata: Shoshinsha no kata sono ichi

Sabaki: Control of opponent with mawashi uke, maki komi nage and uranage

9th Kyu (A), Red Belt With Two Blue Stripes

Stances: Heisoku dachi

Blocks: Shuto uke

Kicks: Yoko keage geri
Yoko geri
Kanzetsu geri

Power test:

Kata: Nage no kata sono ichi

Sabaki: The 4 positions
Control of opponent after sune uke

KODOMO SYLLABUS
(Children)

8th Kyu, Blue Belt

The basic Ashihara training programme

Punches and strikes: Jodan mawashi uchi
Chudan mawashi uchi

Kicks: Jikuashi geri
Sankaku geri

Power test:

Kata: Shoshinsha no kata sono ni

Sabaki: Control of opponent after soto uke and gedan barai

7th Kyu (B), Blue Belt With One Yellow Stripe

Blocks: Jodan oshiage uke

Kicks: Ushiro geri
Kakato geri

Power test:

Kata: Kumite no kata sono ichi

Sabaki: Control of opponent after jodan oshiage uke

7th Kyu (A), Blue Belt With Two Yellow Stripes

Kicks: Kake geri

Power test:

Kata: Nage no kata sono ni

Sabaki: Control of opponent after shuto uke
Control of opponent from middle distance

KODOMO SYLLABUS
(Children)

6th Kyu, Yellow Belt

Blocks: Hikkake

Power test:

Kata: Kihon no kata sono ichi

Sabaki: Control of opponent after hikkake
Control of opponent from short distance

5th Kyu (B), Yellow Belt With One Green Stripe

Kicks: Ushiro mawashi geri

Power test:

Kata: Kumite no kata sono ni

Sabaki: Control of opponent from long distance

5th Kyu (A), Yellow Belt With Two Green Stripes

Power test:

Kata: Shoshinsha no kata sono san

Sabaki: Control of opponent using various punch combinations Combine techniques from short, middle and long distance

4th Kyu, Green Belt

Kicks: Yoko stopping kick
Power test:

Kata: Kihon no kata sono ni

Sabaki: Irimi- timing, and judgement of various distances (short, middle, long)

Ashihara Karate

KATA SYLLABUS

Listed below are katas that each belt level is responsible to learn. You must always know the katas that you learned at a previous level in addition to learning the new ones designated for your current level.

Kata

- Shoshinsha no Kata sono Ichi
- Shoshinsha no Kata sono Ni
- Shoshinsha no Kata sono San
- Nage no Kata sono Ichi
- Nage no Kata sono Ni
- Nage no Kata sono San
- Kihon no Kata sono Ichi
- Kihon no Kata sono Ni
- Kihon no Kata sono San
- Kumite no Kata sono Ichi
- Kumite no Kata sono Ni
- Kumite no Kata sono San
- Kumite no Kata sono Yon
- Kumite no Kata sono Go
- Jissen no Kata sono Ichi
- Jissen no Kata sono Ni

1999

SHOSHINSHA NO KATA SONO ICHI

1. Kumite no kamae

2. FOR R CHUDAN TSUKI:
L chudan soto uke, R jodan tsuki

3. FOR R JODAN TSUKI:
L jodan soto uke, R jodan tsuki, R chudan mawashi geri, follow through, face the opposite direction

4. FOR L CHUDAN TSUKI:
L gedan barai, R jodan tsuki

5. FOR L JODAN TSUKI:
L shuto uke while positioning, R jodan tsuki, switch feet, L chudan mawashi geri, face the front

6. FOR R MAE GERI:
L soto uke, R jodan tsuki, R chudan mawashi geri, place foot down behind

7. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, L chudan mawashi geri

8. FOR L CHUDAN MAWASHI GERI:
L soto hiji-hiza double block, R-L mawashi uke, L hiza geri, maki komi nage, face the rear

9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji-hiza double block, L-R mawashi uke, R hiza geri, maki komi nage, sabaki

10. R tsuki, kumite no kamae

SHOSHINSHA NO KATA SONO NI

1. Kumite no kamae

2. FOR R MAE GERI:
L soto uke, R chudan tsuki, L jodan tsuki, R jodan hook

3. FOR R MAE GERI:
L soto uke, L-R nihon tsuki, R uchi momo geri, pull R foot back turning 1800 clockwise, pulling the opponent down

4. FOR L MAE GERI:
L gedan barai, R chudan tsuki, L jodan tsuki, R jodan hook

5. FOR L MAE GERI:
L gedan barai, L-R nihon tsuki, R jikuashi geri, face the front

6. FOR R JODAN TSUKI:
L jodan soto uke, R chudan hook, L jodan shita tsuki, R jodan tsuki

7. FOR L JODAN TSUKI:
L shuto uke, R jodan tsuki, R gedan mawashi geri, L chudan mawashi geri

8. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R chudan mawashi geri, follow through, face the rear

9. FOR L JODAN MAWASHI GERI:
R jikuashi geri, R-L mawashi uke, L gedan hiza geri, L chudan hiza geri, maki komi nage, sabaki

10. R tsuki, kumite no kamae

SHOSHINSHA NO KATA SONO SAN

1. Kumite no kamae

2. FOR R MAE GERI:
L soto uke, R chudan mawashi geri, R tobi hiza geri

3. FOR L YOKO GERI:
L gedan barai while moving into position 4, L kansetsu geri, R jodan mawashi geri, follow through, face the opposite direction

4. FOR L MAE GERI:
L gedan barai, R-L mawashi uke, L mawashi hiza geri, L chudan mawashi geri

5. FOR R YOKO GERI:
L soto uke while moving into position 3, L kansetsu geri, R jodan mawashi geri, face the front

6. FOR R JODAN TSUKI:
L soto uke, R uchi momo geri, R jodan mawashi geri (place the foot down behind)

7. FOR L JODAN TSUKI:
L jodan shuto uke, R gedan mawashi geri, L jodan mawashi geri

8. FOR R JODAN MAWASHI GERI:
Irimi, R uchi momo geri, L ushiro mawashi geri, face the rear

9. FOR L JODAN MAWASHI GERI:
Irimi, R jikuashi geri (grab with your R hand), L jikuashi geri (grab with your L hand), pull opponents head down to your left thigh (sabaki)

10. R hiji otoshi, kumite no kamae

NAGE NO KATA SONO ICHI

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
uchi sune uke, L-R mawashi uke, maki komi nage

3. FOR R MAE GERI:
L soto uke, R foot behind opponent's front leg, uranage, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
Soto sune uke, R-L mawashi uke, maki komi nage

5. FOR L MAE GERI:
L gedan barai, L foot behind opponent's front leg, uranage, face the front

6. FOR R JODAN MAWASHI GERI:
Irimi, L foot behind opponent's L (back) leg, LH under the chin, uranage

7. FOR L MAE GERI:
L gedan barai, LH under the chin, uranage

8. FOR L JODAN MAWASHI GERI:
Irimi, LH under the chin, uranage, face the rear

9. FOR R JODAN MAWASHI GERI:
Irimi, R foot move in behind opponent's front leg, RH under the chin, uranage, opponent's head to your left thigh (sabaki)

10. R shuto uchi, hiji otoshi, kumite no kamae

NAGE NO KATA SONO NI

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
Uchi sune uke, L-R mawashi uke, R mawashi hiza geri, maki komi nage

3. FOR R MAE GERI:
L soto uke, R foot behind opponent's front leg, RH under the chin, L mawashi hiza geri, uranage, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
Soto sune uke, R-L mawashi uke, L mawashi hiza geri, maki komi nage

5. FOR L MAE GERI:
L gedan barai, L foot behind opponent's front leg, LH under the chin, R mawashi hiza geri, uranage, face the front

6. FOR R JODAN MAWASHI GERI:
Retract front foot, L foot behind opponent's L (back) leg, LH under the chin, R mawashi hiza geri, uranage

7. FOR L MAE GERI:
L gedan barai, LH under the chin, R hiza mawashi geri, uranage

8. FOR L JODAN MAWASHI GERI:
Irimi, LH under the chin, R mawashi hiza geri, uranage, face the rear

9. FOR R JODAN MAWASHI GERI:
Irimi, R foot move in behind opponent's front leg, RH under the chin, L mawashi hiza geri, uranage, opponent's head to your left thigh (sabaki)

10. R shuto uchi, hiji otoshi, kumite no kamae

NAGE NO KATA SONO SAN

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI, R JODAN TSUKI:
Uchi sune uke, L soto uke, mawashi uke, R mawashi hiza geri, pull the opponent off balance, R mawashi hiza geri, maki komi nage

3. FOR R MAE GERI, R JODAN TSUKI:
L soto uke, L jodan soto uke, RH under the chin, L hiza geri, move to the opposite side of the opponent, RH under the chin, R hiza geri, ura nage, face the opposite direction

4. FOR L GEDAN MAWASHI GERI, L JODAN TSUKI:
Soto sune uke, R jodan soto uke, mawashi uke, L mawashi hiza geri, L mawashi hiza geri, maki komi nage

5. FOR L MAE GERI, L JODAN TSUKI:
L gedan barai, L jodan shuto uke, step into position 2, RH under the chin, L mawashi hiza geri, skip, R mawashi hiza geri, ura nage, face the front

6. FOR R JODAN MAWASHI GERI:
L jodan shuto uke (both hands), R chudan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri

7. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, R-L mawashi uke, L mawashi hiza geri, R hiji uchi

8. FOR L JODAN MAWASHI GERI:
Irimi, R gedan mawashi geri, while moving into position 2, RH under the chin, L mawashi hiza geri, skip, R mawashi hiza geri, ura nage, face the rear

9. FOR R JODAN MAWASHI GERI:
Irimi, skip, L gedan mawashi geri, while moving into position 1, LH under the chin, R mawashi hiza geri, skip, L mawashi hiza geri, pull opponent down to your L thigh (sabaki)

10. R shuto uchi, step back, R mawashi geri, kumite no kamae

KIHON NO KATA SONO ICHI

1. Kumite no kamae

2. FOR R CHUDAN TSUKI:
L chudan soto uke, R jodan tsuki

3. FOR R JODAN TSUKI:
L jodan soto uke, R jodan tsuki, R jodan mawashi geri, follow through, face the opposite direction

4. FOR L CHUDAN TSUKI:
L gedan barai, R jodan tsuki

5. FOR L JODAN TSUKI:
L jodan uke, R jodan tsuki, skip, L jodan mawashi geri, face the front

6. FOR R MAE GERI:
L soto uke, R jodan mawashi geri

7. FOR L MAE GERI:
L gedan barai, move into position 4, skip, L jodan mawashi geri

8. FOR L CHUDAN MAWASHI GERI:
L Soto hiji/hiza double block, R-L mawashi uke, L hiza geri, maki komi nage, face the rear

9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji/hiza double block, L-R mawashi uke, R mawashi hiza geri, sabaki (the opponent remains standing)

10. R jodan tsuki, R mawashi geri, kumite no kamae

KIHON NO KATA SONO NI

1. Kumite no kamae

2. FOR R CHUDAN TSUKI:
L soto uke, R chudan mawashi geri

3. FOR R MAE GERI:
L soto uke, R jodan tsuki, R jodan mawashi geri, follow through, face the opposite direction

4. FOR L CHUDAN TSUKI:
L gedan barai, skip, L chudan mawashi geri

5. FOR L MAE GERI:
L gedan barai, R jodan tsuki, skip, L jodan mawashi geri, face the front

6. FOR R JODAN TSUKI:
L yoko geri, R jodan tsuki, R jodan mawashi geri

7. FOR L JODAN TSUKI:
L shuto uke, R jodan tsuki, R gedan mawashi geri, skip, L jodan mawashi geri

8. FOR L CHUDAN MAWASHI GERI:
L Soto hiji/hiza double block, move into position 4, R jodan tsuki, R gedan mawashi geri, skip, L jodan mawashi geri, pull the leg back turning to face the rear

9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji/hiza double block, R jodan tsuki, R uchimomo geri, L-R mawashi uke, R hiza mawashi geri, sabaki (the opponent remains standing)

10. R mawashi geri, kumite no kamae

KIHON NO KATA SONO SAN

1. Kumite no kamae

2. FOR L YOKO GERI:
L gedan barai, R jodan tsuki, R gedan mawashi geri, skip, L jodan mawashi geri

3. FOR R USHIRO MAWASHI GERI:
Move directly into position 1 (sabaki), R jodan mawashi geri

4. FOR R USHIRO GERI:
L soto uke, R jodan tsuki, R gedan mawashi geri, R jodan mawashi geri

5. FOR L KAKE GERI:
Skip - moving into position 2 (sabaki), L jodan mawashi geri, face the front

6. FOR R GEDAN MAWASHI GERI:
Uchi kakato stop kick, R jodan tsuki, R jodan mawashi geri

7. FOR L SANKAKU GERI:
L gedan barai, R ushiro mawashi shuto uchi, R ushiro mawashi geri (simultaniously)

8. FOR L JODAN MAWASHI GERI:
Stopping opponent with L-R nihon tsuki, R jikuashi geri, skip, L jodan mawashi geri, pull the leg back turning to face the rear

9. FOR R JODAN MAWASHI GERI:
L shuto uke, R jodan tsuki, R uchimomo geri, sabaki

10. L ushiro mawashi geri, kumite no kamae

KUMITE NO KATA SONO ICHI

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
L uchi sune uke, R gedan mawashi geri, L jodan mawashi geri

3. FOR R MAE GERI:
L soto uke, L-R mawashi uke, R mawashi hiza geri, push the opponent away, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
L soto sune uke, R gedan mawashi geri, L jodan mawashi geri

5. FOR L MAE GERI:
L gedan barai, skip, R-L mawashi uke, L mawashi hiza geri, push the opponent away, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri

7. FOR L MAE GERI:
L gedan barai, R ushiro geri

8. FOR L JODAN MAWASHI GERI:
R jodan shuto uke (both hands), skip, R-L mawashi uke, L mawashi hiza geri, R hiji uchi, face the rear

9. FOR R JODAN MAWASHI GERI:
L jodan shuto uke (both hands), L-R mawashi uke, R mawashi hiza geri, maki komi nage, sabaki

10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO NI

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
L uchi sune uke, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R ushiro mawashi geri

3. FOR R MAE GERI:
L soto uke, L-R mawashi uke, R mawashi hiza geri, pull opponent off balance, R mawashi hiza geri, push the opponent away, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
L soto sune uke, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R ushiro mawashi geri

5. FOR L MAE GERI:
L gedan barai, skip, R-L mawashi uke, L double mawashi hiza geri, push the opponent away, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri

7. FOR L MAE GERI:
L gedan barai, L kansetsu geri while positioning, R ushiro mawashi geri

8. FOR L JODAN MAWASHI GERI:
R jodan shuto uke (both hands), skip, R-L mawashi uke, L double mawashi hiza geri, R hiji uchi, face the rear

9. FOR R JODAN MAWASHI GERI:
L jodan shuto uke (both hands), L-R mawashi uke, R double mawashi hiza geri, maki komi nage, sabaki

10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO SAN

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
L uchi kakato stop kick, R gedan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri

3. FOR R MAE GERI, R TSUKI:
L soto uke, L soto uke - L yoko geri (simultaniously) while positioning, R chudan mawashi geri, push the opponent away, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
L soto kakato stop kick, R gedan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri

5. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, skip, L chudan mawashi geri, push the opponent away, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R chudan mawashi geri, L ushiro mawashi geri, L jodan mawashi geri

7. FOR L MAE GERI:
L gedan barai, LH under the chin, R mawashi hiza geri, uranage

8. FOR L JODAN MAWASHI GERI:
R jikuashi geri, R-L mawashi uke, L mawashi hiza geri, R hiji uchi, face the rear

9. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R uchimomo geri, R chudan mawashi geri, maki komi nage, sabaki

10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO YON

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
L uchi kakato stop kick, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R double ushiro mawashi geri, (the second kick may be a tobi geri)

3. FOR R MAE GERI, R TSUKI:
L soto uke, L soto uke - L yoko geri (simultaniously), while positioning, R chudan mawashi geri, pull opponent off balance, R jodan mawashi geri, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
L soto kakato stop kick, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R double ushiro mawashi geri (the second kick may be a tobi geri)

5. FOR L MAE GERI:
L gedan barai, R gedan mawashi geri, L chudan mawashi geri, L jodan mawashi geri, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R jodan mawashi geri, L ushiro mawashi geri, L jodan mawashi geri

7. FOR L UCHIMOMO GERI:
L hikake, LH under the chin, R mawashi hiza geri, uranage

8. FOR L JODAN MAWASHI GERI:
R jikuashi geri, R-L mawashi uke, double L mawashi hiza geri, R hiji uchi, face the rear

9. FOR R JODAN MAWASHI GERI:
L kansetsu geri, R uchimomo geri, R jodan mawashi geri, maki komi nage, sabaki

10. R tsuki, R kakato geri, kumite no kamae

KUMITE NO KATA SONO GO

1. Kumite no kamae

2. FOR R MAWASHI GERI:
Irimi, R jodan mawashi geri, L ushiro mawashi geri,
L jodan mawashi geri, R ushiro mawashi geri

3. FOR R MAE GERI:
L soto uke, RH under the chin, L mawashi hiza geri,
uranage, face the opposite direction

4. FOR L MAWASHI GERI:
Skip back, L jodan mawashi geri, R ushiro mawashi geri,
R jodan mawashi geri, L ushiro mawashi geri

5. FOR L MAE GERI:
L gedan barai, LH under the chin, R mawashi hiza geri,
uranage, face the front

6. FOR R JODAN MAWASHI GERI:
L kansetsu geri, L kake geri, L ushiro mawashi geri, jodan
mawashi geri, R ushiro mawashi geri

7. FOR L MAE GERI:
L gedan barai, L kansetsu geri, L kake geri, R ushiro
mawashi geri

8. FOR L MAWASHI GERI:
Irimi, R gedan mawashi geri, L jodan mawashi geri, L ushiro
geri to the rear, face the rear

9. FOR R MAWASHI GERI:
Irimi, uranage, L mawashi hiza geri, sabaki

10. R tsuki, R kakato geri, kumite no kamae

JISSEN NO KATA SONO ICHI

1. Kumite no kamae

2. FOR R CHUDAN TSUKI:
L soto uke while moving into position, R jodan tsuki, R hiji uchi

3. FOR R JODAN TSUKI:
L jodan soto uke while moving into position, L-R mawashi uke, R mawashi hiza geri, R jodan mawashi geri, follow through, face the opposite direction

4. FOR L CHUDAN TSUKI:
L gedan barai while moving into position, R jodan tsuki, R hiji uchi

5. FOR L JODAN TSUKI:
L shuto uke while moving into position, skip, R-L mawashi uke, L mawashi hiza geri, L jodan mawashi geri, push the opponent away, face the front

6. FOR R MAE GERI:
L soto uke while moving into position, R chudan mawashi uchi, L chudan mawashi uchi, R jodan tsuki, R jodan mawashi geri

7. FOR L MAE GERI:
L gedan barai, move into position, R chudan mawashi uchi, L chudan mawashi uchi, R jodan tsuki, (push the opponent on his left shoulder) R jodan mawashi geri

8. FOR L CHUDAN MAWASHI GERI:
L Soto hiji/hiza double block, RH grab and pull the opponent into the R gedan mawashi geri, R-L mawashi uke, L hiza geri, maki komi nage, face the opposite direction

9. FOR R CHUDAN MAWASHI GERI:
L uchi hiji/hiza double block, L-R mawashi uke, R mawashi hiza geri, sabaki (the opponent remains standing)

10. R jodan tsuki, R hiji otoshi, kumite no kamae

JISSEN NO KATA SONO NI

1. Kumite no kamae

2. FOR R GEDAN MAWASHI GERI:
L uchi sune uke while moving into position, R uchi momo geri, push the opponent off balance, R jodan mawashi geri

3. FOR R MAE GERI, R JODAN TSUKI:
L chudan soto uke, L jodan soto uke while moving into position, R jodan tsuki, R jodan mawashi geri, face the opposite direction

4. FOR L GEDAN MAWASHI GERI:
L soto sune uke while skipping into position, L uchi momo geri, push the opponent off balance, L jodan mawashi geri

5. FOR L MAE GERI, L JODAN TSUKI:
L gedan barai, L shuto uke while moving into position, R jodan tsuki, skip, L jodan mawashi geri

6. FOR R MAE GERI:
L soto uke while positioning, R jodan tsuki, L jodan tsuki, R jodan tsuki, R jodan mawashi geri

7. FOR L MAE GERI:
L gedan barai while positioning, R jodan tsuki, R gedan mawashi geri, (push the opponent on his left shoulder) R jodan mawashi geri

8. FOR L JODAN TSUKI:
L shuto uke, R-L mawashi uke, L mawashi hiza geri, face the rear

9. FOR R JODAN TSUKI:
L jodan soto uke, L-R mawashi uke, R mawashi hiza geri, sabaki (the opponent remains standing), face the front

10. (Push the opponent off balance) R jodan mawashi geri, kumite no kamae